

# Mental Health Institutes

At Cherokee, Clarinda, Independence and Mt. Pleasant

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## Purpose

Iowa's four mental health institutes (MHIs) provide short term psychiatric care for Iowans needing acute inpatient mental health treatment.

## Who

- The number served declined again in SFY11 due to bed reductions. Total served was 1,787, down 11 percent from SFY2010 and down 18 percent from SFY2009.
- The MHIs served 642 adult acute psychiatric patients in SFY11, down from 757 a year earlier. Average length of stay is 56 days.
- Eighty-eight percent of adult psychiatric patients are committed involuntarily. An increasing number have great needs that require around-the-clock one-on-one staffing.
- The MHIs have about 16 percent of the 848 in-patient funded psychiatric beds in the state. The MHIs also serve children, people with substance abuse disorders, people with both psychiatric needs and substance abuse, and people with high nursing needs. *See chart.*

Number served in SFY11	
Adult acute psych	642
Children / Adolescents	308
PMIC	65
Dual Diagnosis	214
Geropsychiatric	32
Substance Abuse	526
<b>Total</b>	<b>1,787</b>

## What

- Acute psychiatric stabilization services are offered at all four facilities. *See chart.*
- Children and adolescents are offered acute psychiatric stabilization services at Cherokee and Independence. Independence also operates a 15-bed psychiatric medical institution for children (PMIC).

Program	Cher	Clar	Ind	Mt.P	Total
Adult Psychiatric	24	15	40	9	88
Child & Adolescent	12		20		32
Geropsychiatric		20			20
Substance Abuse				50	50
Dual Diagnosis				19	19
PMIC			15		15
<b>Total FY12 Beds</b>	<b>36</b>	<b>35</b>	<b>75</b>	<b>78</b>	<b>224</b>

- Mount Pleasant has a 50-bed substance abuse treatment unit. About 70 percent of patients are court-ordered in SFY2011. Average stay in this unit is 28 days. Mount Pleasant also has a 19-bed treatment unit for adults with both mental illness and substance addiction. All of these patients were court-ordered in SFY2011.
- Older Iowans with severe cognitive loss plus significant behavioral problems are served at the 20-bed geropsychiatric unit at Clarinda.
- All facilities offer consultation services to community based mental health providers to facilitate less restrictive community-based placement of patients.

## How are we doing?

- 84 percent of patients show improvement in ability to function as measured by the widely-recognized evaluation scale Global Assessment of Functioning (GAF).
- 96 percent of adults are not readmitted within 30 days of discharge.
- 1.8 hours of restraint are used per 1,000 hours of inpatient hours. Staff is trained to recognize and diffuse "triggers" that precede outbursts that could lead to restraints.
- 83 percent of substance abuse clients successfully complete programs.